



The Reflux Relief Guide

3 Day Sample Meal Plan

Welcome to Your 3-Day Reflux-Friendly Meal Plan

This meal plan is designed to help you apply the principles from the *Reflux Relief Guide* in a simple and practical way.

It provides a starting point using mostly lower-trigger foods, with balanced, nourishing meals that are easy to prepare and incorporate into your routine.

The meals are intended to support your reflux pattern and may be adjusted based on your symptoms and tolerance.

Use this plan alongside the guide to help you structure your meals, make more confident food choices, and reduce symptoms over time.



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The Reflux Relief Guide - 3 Day Sample Meal Plan

Using the 3 Day Sample Meal Plan

The sample meal plan is provided for small and medium appetites (approximately 6700 kJ / 1600 Cal and 9200 kJ / 2200 Cal). Recipes are shown for one serving.

To adjust serving sizes or view the full recipe, click the blue icon next to each recipe name. This will take you to the *Eat This Much* platform, where you can modify recipes based on your needs and preferences.

Please note that nutrition values may vary depending on ingredient selection, portion sizes, and preparation methods.

You may also need to adjust the meal plan based on your reflux pattern, appetite, and individual tolerance.

To estimate your energy requirements, you can use a nutrition calculator (link below) or speak with a health professional for personalised advice.

<https://www.eatforhealth.gov.au/nutrition-calculators>

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Comfort Food 1600 Cal

To make changes or re-build this plan, log in at www.EatThisMuch.com

Jump to [Day 1](#) [Day 2](#) [Day 3](#)

Day 1

1594 Calories • 161g Carbs (29g Fiber) • 60g Fat • 103g Protein

BREAKFAST

290 Cal • 17g Carbs (3g Fiber) • 16g Fat • 18g Protein



Spinach Scrambled Eggs

1 serving • 207 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

4.5 g Olive oil

30 g Spinach

2 extra large Egg (112 g)

1 dash Salt (0.4 g)

2 dash Black pepper (0.2 g)



Rye bread

1 slice, regular • 83 Cal (32 g)

[Link to Full Nutrition](#)

SNACK 1

223 Cal • 33g Carbs (5g Fiber) • 9g Fat • 5g Protein



Rice Cakes with Banana & Almond Butter

1 serving • 223 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 small Banana (101 g)

16 g Almond butter

1 cakes Brown rice cakes (9 g)

LUNCH

495 Cal • 61g Carbs (12g Fiber) • 12g Fat • 38g Protein



Grilled Chicken Breast

100 grams • 145 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 84 1/4 grams:

3.2 g Olive oil

96 1/4 grams Chicken breast

0.4 g Salt

0.1 g Black pepper



3 Bean Salad

150 grams • 202 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 42 1/2 grams:

17 g Sweet corn

51 g Chickpeas

39 g Red kidney beans

42 g Green beans



Quinoa and Brown Rice

150 grams • 148 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 76 7/16 grams:

113 g Water

16 g Quinoa

18 g Brown rice

2.6 g Olive oil

SNACK 2

175 Cal • 23g Carbs (4g Fiber) • 6g Fat • 5g Protein



Banana Chia Shake

1 serving • 175 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 medium Banana (59 g)

122 g Whole milk

6.5 g Vanilla extract

6 g Chia seeds

DINNER

266 Cal • 6g Carbs (3g Fiber) • 12g Fat • 35g Protein



Grilled Fish Tacos

1 serving • 266 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

3/8 lb Tilapia (170 g)

1/4 fruit, without skin and seed California avocado (34 g)

12 g Romaine lettuce

3.4 g Olive oil

0.4 g Salt

0.1 g Cilantro

1/4 tortilla, small Corn tortillas (6.5 g)

SNACK 3

145 Cal • 21g Carbs (3g Fiber) • 5g Fat • 2g Protein



Carob Powder

1 Tbsp • 25 Cal (6 g)

[Link to Full Nutrition](#)



Oat Milk

1 serving • 120 Cal

[Link to Full Nutrition](#)

Day 2

1591 Calories • 137g Carbs (25g Fiber) • 78g Fat • 95g Protein

BREAKFAST

440 Cal • 37g Carbs (6g Fiber) • 18g Fat • 35g Protein



Peanut Butter Protein Oats

200 grams • 440 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 172 1/8 grams:

45 g Oats

7/8 scoop (30g) Whey protein powder (26 g)

102 g Water

28 g Peanut butter

SNACK 1

160 Cal • 24g Carbs (3g Fiber) • 5g Fat • 4g Protein



Matcha Oat Latte

11 fl oz • 160 Cal

[Link to Full Nutrition](#)

LUNCH

304 Cal • 21g Carbs (6g Fiber) • 16g Fat • 23g Protein



Green salad

1 serving • 67 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

24 g Romaine lettuce

7.5 g Spinach

5 g Arugula

3 leaf, whole Basil (1.5 g)

6.8 g Olive oil

1/4 dash Salt (0.1 g)

1/4 dash Black pepper (0 g)



Light tuna

95 grams • 82 Cal

[Link to Full Nutrition](#)



Bread, pita

1 pita, small (4" dia) • 74 Cal (28 g)

[Link to Full Nutrition](#)



Avocado

1/4 fruit • 80 Cal (50 g)

[Link to Full Nutrition](#)

SNACK 2

148 Cal • 9g Carbs (2g Fiber) • 9g Fat • 7g Protein



Egg

1 large • 78 Cal (50 g)

[Link to Full Nutrition](#)



Rye crispbread

1 crispbread • 37 Cal (10 g)

[Link to Full Nutrition](#)



Margarine

1 tsp • 34 Cal (4.73 g)

[Link to Full Nutrition](#)

DINNER

471 Cal • 29g Carbs (6g Fiber) • 29g Fat • 24g Protein



Greek Style Meatballs

100 grams • 235 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 69 7/8 grams:

3/16 extra large Egg (9.8 g)

4.5 g Parsley

5.6 g Tomato paste

0.6 g Oregano

0.3 g Salt

3/16 dash Black pepper (0 g)

79 g Ground beef



Sweet Potato & Lentil Salad

1/2 serving • 170 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/4 sweetpotato, 5" long Sweet potato (32 g)

5.1 g Olive oil

1/8 dash Black pepper (0 g)

60 g Vegetable broth

24 g Lentils

7.5 g Spinach

2.5 g Maple syrup



Green salad

1 serving • 67 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

24 g Romaine lettuce

7.5 g Spinach

5 g Arugula

3 leaf, whole Basil (1.5 g)

6.8 g Olive oil

1/4 dash Salt (0.1 g)

1/4 dash Black pepper (0 g)

SNACK 3

68 Cal • 17g Carbs (2g Fiber) • 0g Fat • 1g Protein



Honeydew melon

1 medium wedge • 45 Cal (125 g)

[Link to Full Nutrition](#)



Cantaloupe

1 wedge, medium (1/8 of medium melon)

• 23 Cal (69 g)

[Link to Full Nutrition](#)

Day 3

1585 Calories • 224g Carbs (34g Fiber) • 43g Fat • 86g Protein

BREAKFAST

282 Cal • 47g Carbs (4g Fiber) • 7g Fat • 10g Protein



Chamomile Tea

1 cup (8 fl oz) • 2 Cal (237 g)

[Link to Full Nutrition](#)



Protein Pancake

2 pancake • 184 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 pancake:

2/3 large Banana (91 g)

1 1/3 large Egg (67 g)

0.4 g Baking powder

2.8 g Vanilla extract



Banana

1/2 medium • 53 Cal (59 g)

[Link to Full Nutrition](#)



Honey

2 tsp • 43 Cal (14 g)

[Link to Full Nutrition](#)

SNACK 1

140 Cal • 26g Carbs (3g Fiber) • 4g Fat • 3g Protein



Vegan Cookies

1 serving • 140 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

3/8 large Banana (51 g)

1.6 g Vanilla extract

10 g Rolled oats

6.2 g Raisins

6.6 g Sunflower seed kernels

LUNCH

417 Cal • 49g Carbs (4g Fiber) • 6g Fat • 40g Protein



Chicken Stir-Fry

300 grams • 227 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 117 13/16 grams:

9/16 full breast (both fillets) Chicken breast (139 g)

18 g Chicken broth

5/16 extra large Egg (16 g)

39 g Asparagus

27 g Broccoli

41 g White mushrooms

5/16 medium Carrots (18 g)

0.5 g Ground ginger

0.9 g Chinese Five Spice Blend



Rice noodles

1 cup • 190 Cal (176 g)

[Link to Full Nutrition](#)

SNACK 2

265 Cal • 23g Carbs (8g Fiber) • 15g Fat • 13g Protein



Carrots with Hummus

1 serving • 175 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

75 g Hummus

122 g Carrots



Camembert cheese

30 grams • 90 Cal

[Link to Full Nutrition](#)

DINNER

479 Cal • 79g Carbs (15g Fiber) • 12g Fat • 20g Protein



Vegetarian White Bean Alfredo with Linguine

1 serving • 479 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

22 g Asparagus

3/16 dash Salt (0.1 g)

87 g Navy beans

61 g Soymilk

3/16 dash Black pepper (0 g)

76 g Whole wheat pasta

2/3 tbsp Garlic Infused Olive Oil



Chamomile tea

237 grams • 2 Cal

[Link to Full Nutrition](#)

Recipe directions

Spinach Scrambled Eggs

Directions are for original recipe of 1 serving

1. Heat oil in a pan over medium heat. Add spinach and sauté for 3- 4 minutes, or until just wilted.
2. Add scrambled eggs, salt and pepper and mix. Cook to desired firmness. Serve hot and enjoy!

Rice Cakes with Banana & Almond Butter

Directions are for original recipe of 1 serving

1. Peel banana and cut into rounds. Spread rice cake with almond butter and top with banana slices. Enjoy!

Grilled Chicken Breast

Directions are for original recipe of 7 serving

1. Prepare grill to medium-high heat. Sprinkle chicken evenly with salt and pepper.
2. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until cooked through and no longer pink.
3. Enjoy!

3 Bean Salad

Directions are for original recipe of 4 serving

1. Combine ingredients. Refrigerate until ready to serve. Enjoy!

Quinoa and Brown Rice

Directions are for original recipe of 4 serving

1. Rinse rice/quinoa blend thoroughly.
2. In medium saucepan, add 2 1/2 cups water and 1 tbsp olive oil.
3. Bring water to a boil.
4. Stir in 1 cup of the quinoa/rice blend.
5. Bring water back up to a boil.
6. Reduce heat to low, cover, and simmer for 25 minutes.
7. Remove from heat and let stand 5 minutes.
8. Fluff with fork before serving.

Banana Chia Shake

Directions are for original recipe of 2 serving

1. Blend banana, milk, and vanilla together until smooth.
2. Pour into serving glass and add chia seeds.
3. Stir seeds and leave for 10 minutes. Enjoy!

Grilled Fish Tacos

Directions are for original recipe of 4 serving

1. Heat a large skillet over medium high heat and spray with oil. Add fish and cook until the bottom is opaque, about 5-6 minutes. Flip and cook until fish flakes easily with a fork, another 3-4 minutes.
2. With a spatula, divide fish into strips or chunks. Serve in tortillas or wraps with shredded lettuce and avocado. Garnish with cilantro. Enjoy!

Peanut Butter Protein Oats

Directions are for original recipe of 2 serving

1. Put oats and protein powder in a microwaveable bowl. Add water and mix well. Heat for about 2 minutes. Stir well and add peanut butter. Mix well. Enjoy!

Green salad

Directions are for original recipe of 4 serving

1. Any 4 cups of greens should be fine. In a serving bowl, combine the greens and basil.
2. To make the dressing, place olive oil, salt and pepper a screw-top jar and shake well to combine. Just before serving, pour dressing evenly over the leaves and gently toss.

Greek Style Meatballs

Directions are for original recipe of 4 serving

1. Preheat oven to 350 degrees F.
2. In a bowl combine the ground meat, egg, parsley, tomato paste, oregano, and season with salt and pepper to taste.
3. Mix with your hands until everything is well combined.
4. Form the mixture into equally-sized meatballs using your hands or an ice cream scoop.
5. Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.

Sweet Potato & Lentil Salad

Directions are for original recipe of 4 serving

1. Chop spinach, and pepper. Set aside.
2. Preheat the oven to 400°F. Peel and chop sweet potatoes into a 2 cm dice. Mix with 1 tbsp of olive oil and season with salt and pepper. Roast for about 25-30 minutes, stirring halfway through.
3. Cook the lentils in a pot with 2 cups of broth over medium heat until tender.
4. In a skillet, heat oil and add chopped spinach and pepper for 5 minutes on low.
5. Combine the cooked lentils and sweet potatoes with the skillet mixture. Stir well.
6. Make the dressing by whisking together the remaining oil and salt & pepper to taste. Mix the dressing into the skillet mixture. Season with salt and pepper to taste.

Protein Pancake

Directions are for original recipe of 3 pancake

1. Place a medium skillet over medium heat on the stove. Let it heat up while you prepare the pancakes. It's ready when water dropped into the pan sizzles.
2. To prepare the pancakes, mash the banana well with a couple of forks. Add the eggs, baking powder, and vanilla extract and whisk until well combined. Spray the skillet with nonstick cooking spray before adding in pancake mixture
3. Let the pancakes cook for 25-30 seconds before flipping and letting the other side cook for the same amount of time. Remove to a plate and serve with nut butter, sugar-free syrup, butter, fruit, or whatever you'd like!

Vegan Cookies

Directions are for original recipe of 8 serving

1. Preheat oven to 350°F.
2. Blend the bananas and vanilla. Gradually add oatmeal while blending until a thick porridge consistency is achieved.
3. Fold in the raisins and sunflower seeds.
4. Scoop a tablespoon of the mixture onto a parchment-lined baking tray, gently pressing down to shape the cookies.
5. Bake for about 15 minutes until set. Enjoy!

Chicken Stir-Fry

Directions are for original recipe of 4 serving

1. Heat the chicken stock or broth in a non-stick wok over medium-high heat. Chop the vegetables.
2. Cut the chicken into strips or chunks and add to the wok (or any other protein choice - tofu, lamb, beef, shrimp). Cook until almost done.
3. Add the vegetables, five spice and ginger, cook until tender.
4. Separately, quickly scramble the egg and then mix through the stir-fry thoroughly.
5. Serve hot.

Carrots with Hummus

Directions are for original recipe of 1 serving

1. Dip carrots into hummus, eat.

Vegetarian White Bean Alfredo with Linguine

Directions are for original recipe of 6 serving

1. Cut asparagus into 1/2" pieces. Rinse and drain beans.
2. Fill a large pot with lightly salted water, and bring to a boil over high heat. Cook pasta in boiling water, stirring occasionally, until the pasta has cooked through, about 11 minutes. Drain well.
3. Meanwhile, heat the garlic oil in a large saucepan over medium heat. Add 2/3 cup of the beans and 1/2 cup of soy milk; mash with the back of a spoon or a potato masher to create a thick paste. Stir in the remaining soy milk to create a thick sauce. Mix in the remaining beans and asparagus; simmer until asparagus is tender. Season to taste with salt and pepper. Toss pasta with the sauce, and serve.

Comfort Food 2200 Cal

To make changes or re-build this plan, log in at www.EatThisMuch.com

Jump to [Day 1](#) [Day 2](#) [Day 3](#)

Day 1

2174 Calories • 200g Carbs (37g Fiber) • 81g Fat • 163g Protein

BREAKFAST

373 Cal • 33g Carbs (4g Fiber) • 17g Fat • 20g Protein



Spinach Scrambled Eggs

1 serving • 207 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

4.5 g Olive oil

30 g Spinach

2 extra large Egg (112 g)

1 dash Salt (0.4 g)

2 dash Black pepper (0.2 g)



Rye bread

2 slice, regular • 166 Cal (64 g)

[Link to Full Nutrition](#)

SNACK 1

175 Cal • 23g Carbs (4g Fiber) • 6g Fat • 5g Protein



Banana Chia Shake

1 serving • 175 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/2 medium Banana (59 g)

122 g Whole milk

6.5 g Vanilla extract

6 g Chia seeds

LUNCH

715 Cal • 77g Carbs (15g Fiber) • 19g Fat • 60g Protein



Grilled Chicken Breast

180 grams • 260 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 151 5/8 grams:

5.8 g Olive oil

173 1/4 grams Chicken breast

0.6 g Salt

0.2 g Black pepper



3 Bean Salad

200 grams • 270 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 56 2/3 grams:

23 g Sweet corn

68 g Chickpeas

52 g Red kidney beans

57 g Green beans



Lentil and Rice Salad

150 grams • 185 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 57 3/4 grams:

6.9 g Lentils

5.9 g Olive oil

0.4 g Salt

51 g Water

4.3 g Lemon juice

0.3 g Dill

22 g Cherry tomatoes

2.2 g Parsley

1/16 cucumber Cucumber (22 g)

27 g White rice

9/16 medium Scallions (8.7 g)

SNACK 2

223 Cal • 33g Carbs (5g Fiber) • 9g Fat • 5g Protein



Rice Cakes with Banana & Almond Butter

1 serving • 223 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1 small Banana (101 g)

16 g Almond butter

1 cakes Brown rice cakes (9 g)

DINNER

533 Cal • 13g Carbs (6g Fiber) • 23g Fat • 71g Protein



Grilled Fish Tacos

2 serving • 533 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

3/4 lb Tilapia (340 g)

1/2 fruit, without skin and seed California avocado (68 g)

24 g Romaine lettuce

6.8 g Olive oil

0.8 g Salt

0.2 g Cilantro

1/2 tortilla, small Corn tortillas (13 g)

SNACK 3

155 Cal • 21g Carbs (3g Fiber) • 5g Fat • 2g Protein



Carob Powder

1 Tbsp • 25 Cal (6 g)

[Link to Full Nutrition](#)



Oat Milk

1 serving • 120 Cal

[Link to Full Nutrition](#)



Vanilla extract

1 tsp • 10 Cal (4.2 g)

[Link to Full Nutrition](#)

Day 2

2121 Calories • 216g Carbs (38g Fiber) • 92g Fat • 120g Protein

BREAKFAST

384 Cal • 33g Carbs (5g Fiber) • 16g Fat • 31g Protein



Peanut Butter Protein Oats

1 1/2 serving • 384 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 1/2 serving:

39 g Oats

3/4 scoop (30g) Whey protein powder (22 g)

89 g Water

24 g Peanut butter

SNACK 1

301 Cal • 44g Carbs (10g Fiber) • 13g Fat • 7g Protein



Banana

1 medium • 105 Cal (118 g)

[Link to Full Nutrition](#)



Five Seed Crackers

1 servings • 196 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 servings:

4.6 g Sunflower seed kernels

8.7 g Pumpkin

9.6 g Chia seeds

4.2 g Flaxseed

0.6 g Salt

36 g Water

0.3 g Thyme

10 grams Chilli Dip

12 grams Sesame seeds

LUNCH

568 Cal • 74g Carbs (11g Fiber) • 15g Fat • 36g Protein



Light tuna

95 grams • 82 Cal

[Link to Full Nutrition](#)



Vegetable Fried Rice

1 serving • 333 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

43 g Carrots

3/16 tbsp Garlic Infused Olive Oil

1/3 small Onion (23 g)

24 g Green peas

2/3 medium Egg (29 g)

62 g Rice white, raw



Veggie Nori Roll

1 serving • 152 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

30 g Hummus

8.2 g Alfalfa sprouts

30 g Carrots

26 g Cucumber

1 sheets Laver seaweed (2.6 g)

36 g Avocado

7.5 g Nutritional yeast

1 dash Salt (0.4 g)

SNACK 2

228 Cal • 18g Carbs (3g Fiber) • 11g Fat • 14g Protein



Rye crispbread

2 crispbread • 73 Cal (20 g)

[Link to Full Nutrition](#)



Egg

2 large • 155 Cal (100 g)

[Link to Full Nutrition](#)

DINNER

572 Cal • 31g Carbs (7g Fiber) • 37g Fat • 31g Protein



Sweet Potato & Lentil Salad

1/2 serving • 170 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1/2 serving:

1/4 sweetpotato, 5" long Sweet potato (32 g)

5.1 g Olive oil

1/8 dash Black pepper (0 g)

60 g Vegetable broth

24 g Lentils

7.5 g Spinach

2.5 g Maple syrup



Green salad

1 serving • 67 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

24 g Romaine lettuce

7.5 g Spinach

5 g Arugula

3 leaf, whole Basil (1.5 g)

6.8 g Olive oil

1/4 dash Salt (0.1 g)

1/4 dash Black pepper (0 g)



Greek Style Meatballs

1 serving • 336 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

1/4 extra large Egg (14 g)

6.4 g Parsley

8 g Tomato paste

0.9 g Oregano

0.4 g Salt

1/4 dash Black pepper (0 g)

113 g Ground beef

SNACK 3

68 Cal • 17g Carbs (2g Fiber) • 0g Fat • 1g Protein



Honeydew melon

1 medium wedge • 45 Cal (125 g)

[Link to Full Nutrition](#)



Cantaloupe

1 wedge, medium (1/8 of medium melon)
• 23 Cal (69 g)

[Link to Full Nutrition](#)

Day 3

2187 Calories • 265g Carbs (30g Fiber) • 82g Fat • 95g Protein

BREAKFAST

329 Cal • 46g Carbs (5g Fiber) • 10g Fat • 15g Protein



Protein Pancake

3 pancake • 277 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 3 pancake:

1 large Banana (136 g)

2 large Egg (100 g)

0.6 g Baking powder

4.2 g Vanilla extract



Banana

1/2 medium • 53 Cal (59 g)

[Link to Full Nutrition](#)

SNACK 1

283 Cal • 51g Carbs (7g Fiber) • 7g Fat • 7g Protein



Green Tea

245 grams • 2 Cal

[Link to Full Nutrition](#)



Vegan Cookies

2 serving • 280 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 2 serving:

3/4 large Banana (102 g)

3.2 g Vanilla extract

20 g Rolled oats

12 g Raisins

13 g Sunflower seed kernels

LUNCH

750 Cal • 81g Carbs (2g Fiber) • 24g Fat • 48g Protein



Chicken Pho

1 bowl • 750 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 bowl:

4.5 g Olive oil

1/2 full breast (both fillets) Chicken breast (145 g)

480 g Chicken stock

0.3 g Ground ginger

76 g Rice noodles

5.3 g Cilantro

33 g Scallions

SNACK 2

235 Cal • 22g Carbs (8g Fiber) • 12g Fat • 11g Protein



Carrots with Hummus

1 serving • 175 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

75 g Hummus

122 g Carrots



Camembert cheese

20 grams • 60 Cal

[Link to Full Nutrition](#)

DINNER

550 Cal • 55g Carbs (7g Fiber) • 28g Fat • 14g Protein



Herbed Gnocchi and Mushrooms

1 serving • 475 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

113 g Gnocchi
28 g Butter
1/8 lb White mushrooms (57 g)
1 cloves, minced Garlic (3 g)
59 g White wine
6 g Basil
1/4 lemon yields Lemon juice (12 g)
1/2 dash Salt (0.2 g)
1/2 dash Black pepper (0.1 g)
7.1 g Parmesan cheese



Green Kale Salad

1 serving • 75 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

45 g Kale
1.5 g Olive oil
0.8 g Salt
0.3 g Black pepper
1/3 stalks, large (11 inches long) Celery (21 g)
3/16 large (2-1/4 per lb, approx 3-3/4" long, Green bell pepper (27 g)
1/16 medium Zucchini (16 g)
1/16 cucumber Cucumber (25 g)
15 g Broccoli
22 g Green peas
5.5 g Alfalfa sprouts

SNACK 3

40 Cal • 9g Carbs (1g Fiber) • 0g Fat • 1g Protein



2 Ingredient Banana-Oat Cookies

1 serving • 40 Cal

[Directions](#) | [Full Recipe](#)

Ingredients for 1 serving:

3/16 medium Banana (20 g)
6.7 g Rolled oats

Recipe directions

Spinach Scrambled Eggs

Directions are for original recipe of 1 serving

1. Heat oil in a pan over medium heat. Add spinach and sauté for 3- 4 minutes, or until just wilted.
2. Add scrambled eggs, salt and pepper and mix. Cook to desired firmness. Serve hot and enjoy!

Banana Chia Shake

Directions are for original recipe of 2 serving

1. Blend banana, milk, and vanilla together until smooth.
2. Pour into serving glass and add chia seeds.
3. Stir seeds and leave for 10 minutes. Enjoy!

Grilled Chicken Breast

Directions are for original recipe of 7 serving

1. Prepare grill to medium-high heat. Sprinkle chicken evenly with salt and pepper.
2. Place chicken on grill rack coated with cooking spray; grill 6 minutes on each side or until cooked through and no longer pink.
3. Enjoy!

3 Bean Salad

Directions are for original recipe of 4 serving

1. Combine ingredients. Refrigerate until ready to serve. Enjoy!

Lentil and Rice Salad

Directions are for original recipe of 4 serving

1. Bring water, one-third of the oil, and salt to a boil in a 2-quart saucepan, then stir in rice. Return to a boil, cover, reduce heat to low, and simmer until water is absorbed and rice is tender, about 15 minutes. Fluff with a fork and let stand, covered, 5 minutes.
2. While rice simmers, cook lentils in boiling water until just tender, 15 to 20 minutes. Drain well.
3. Spread rice and lentils on a shallow baking pan to cool for 10 minutes. Then, transfer to a bowl and toss with the remaining oil, lemon juice, dill, cherry tomatoes, parsley, cucumber, scallions, and season with salt and pepper to taste.

Rice Cakes with Banana & Almond Butter

Directions are for original recipe of 1 serving

1. Peel banana and cut into rounds. Spread rice cake with almond butter and top with banana slices. Enjoy!

Grilled Fish Tacos

Directions are for original recipe of 4 serving

1. Heat a large skillet over medium high heat and spray with oil. Add fish and cook until the bottom is opaque, about 5-6 minutes. Flip and cook until fish flakes easily with a fork, another 3-4 minutes.

2. With a spatula, divide fish into strips or chunks. Serve in tortillas or wraps with shredded lettuce and avocado. Garnish with cilantro. Enjoy!

Peanut Butter Protein Oats

Directions are for original recipe of 2 serving

1. Put oats and protein powder in a microwaveable bowl. Add water and mix well. Heat for about 2 minutes. Stir well and add peanut butter. Mix well. Enjoy!

Five Seed Crackers

Directions are for original recipe of 10 servings

1. Preheat oven to 170C (340F) fanbake.

2. Mix all ingredients together and leave for 10-15 minutes for the seeds to soak up the water.

3. Give everything a good stir, then split the mixture over two lined baking trays and spread thinly. The ideal thickness is about 3-4mm. Too thin and the crackers will be very fragile, too thick and they'll be more like a seed cookie than a cracker.

4. Bake for one hour (switching the trays around halfway through), or until golden brown and crisp. If they don't feel crisp after an hour, return to the oven for another 5-10 minutes.

5. Remove from the oven, allow to cool, then break into irregular shards. Store in an airtight container.

6. Recipe by: Quite Good Food (source: <https://quitegoodfood.co.nz/easy-home-made-five-seed-crackers/>)

Vegetable Fried Rice

Directions are for original recipe of 3 serving

1. Cook rice according to package directions and chop the carrots.

2. In a frying pan, add a little bit of garlic oil, peas, and carrots. After 5 minutes of cooking, add your eggs and scramble until eggs are set. Mix into the rice and enjoy!

Veggie Nori Roll

Directions are for original recipe of 1 serving

1. Cut cucumbers, carrots and avocado into thin slices.
2. Place seaweed sheet on a work surface. Spread the hummus in a thin layer over the sheet. Layer the spouts (optional), carrots, cucumber, and avocado on top of the bottom one-third of the sheet. Sprinkle with nutritional yeast (optional) and salt to taste.
3. Gently but firmly, roll the edge closest to you toward the center of the wrap, carefully rolling a sushi-like roll. (A sushi mat makes this easier.) Slice roll with a sharp knife and serve immediately.

Sweet Potato & Lentil Salad

Directions are for original recipe of 4 serving

1. Chop spinach, and pepper. Set aside.
2. Preheat the oven to 400°F. Peel and chop sweet potatoes into a 2 cm dice. Mix with 1 tbsp of olive oil and season with salt and pepper. Roast for about 25-30 minutes, stirring halfway through.
3. Cook the lentils in a pot with 2 cups of broth over medium heat until tender.
4. In a skillet, heat oil and add chopped spinach and pepper for 5 minutes on low.
5. Combine the cooked lentils and sweet potatoes with the skillet mixture. Stir well.
6. Make the dressing by whisking together the remaining oil and salt & pepper to taste. Mix the dressing into the skillet mixture. Season with salt and pepper to taste.

Green salad

Directions are for original recipe of 4 serving

1. Any 4 cups of greens should be fine. In a serving bowl, combine the greens and basil.
2. To make the dressing, place olive oil, salt and pepper a screw-top jar and shake well to combine. Just before serving, pour dressing evenly over the leaves and gently toss.

Greek Style Meatballs

Directions are for original recipe of 4 serving

1. Preheat oven to 350 degrees F.
2. In a bowl combine the ground meat, egg, parsley, tomato paste, oregano, and season with salt and pepper to taste.
3. Mix with your hands until everything is well combined.
4. Form the mixture into equally-sized meatballs using your hands or an ice cream scoop.
5. Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.

Protein Pancake

Directions are for original recipe of 3 pancake

1. Place a medium skillet over medium heat on the stove. Let it heat up while you prepare the pancakes. It's ready when water dropped into the pan sizzles.
2. To prepare the pancakes, mash the banana well with a couple of forks. Add the eggs, baking powder, and vanilla extract and whisk until well combined. Spray the skillet with nonstick cooking spray before adding in pancake mixture
3. Let the pancakes cook for 25-30 seconds before flipping and letting the other side cook for the same amount of time. Remove to a plate and serve with nut butter, sugar-free syrup, butter, fruit, or whatever you'd like!

Vegan Cookies

Directions are for original recipe of 8 serving

1. Preheat oven to 350°F.
2. Blend the bananas and vanilla. Gradually add oatmeal while blending until a thick porridge consistency is achieved.
3. Fold in the raisins and sunflower seeds.
4. Scoop a tablespoon of the mixture onto a parchment-lined baking tray, gently pressing down to shape the cookies.
5. Bake for about 15 minutes until set. Enjoy!

Chicken Pho

Directions are for original recipe of 6 bowl

1. Heat a sauté over medium-high heat. Once hot add the oil. Cook chicken for 7-10 minutes per side or until the internal temperature reaches 165 degrees F.
2. Shred the chicken and cover with foil to keep warm, then set aside.
3. While chicken is cooking, in a dutch oven or equivalent, heat the chicken stock over high heat until boiling; Add ginger to stock and stir.
4. In a third pot, cook your rice noodles according to the package directions.
5. Once everything is cooked, start layering in separate bowls. Fill each bowl with the cooked noodles, shredded chicken, chopped cilantro, and chopped green onions.
6. Next, ladle the hot ginger-infused chicken stock onto the layers in each bowl. Serve and enjoy!

Carrots with Hummus

Directions are for original recipe of 1 serving

1. Dip carrots into hummus, eat.

Herbed Gnocchi and Mushrooms

Directions are for original recipe of 2 serving

1. Bring a large pot of salted water to a boil. Cook the gnocchi according to the package instructions, then drain and set aside.
2. In a large frying pan over medium heat, melt 2 tablespoons of butter. Add the mushrooms, season with salt and pepper, and cook, stirring occasionally, until softened and lightly browned, about 4 to 5 minutes. Add the garlic and cook until fragrant, about 1 minute.
3. Pour in the wine to deglaze the pan, scraping up any browned bits. Cook until the wine is reduced by half. Add the remaining butter, gnocchi, basil, and lemon juice. Stir to coat everything well and cook until heated through, about 1 to 2 minutes. Serve immediately, topped with Parmesan cheese if desired.

Green Kale Salad

Directions are for original recipe of 6 serving

1. Microwave peas until just defrosted and set aside. Chop and prep other vegetables.
2. Add kale, garlic oil, salt, and black pepper to a large bowl. Mix well so that kale is fully coated.
3. Add remaining ingredients to the bowl and mix. Serve immediately.

2 Ingredient Banana-Oat Cookies

Directions are for original recipe of 12 serving

1. Preheat oven to 350 degrees F and line a baking sheet with parchment; set aside.
2. Peel and mash the bananas in a large bowl.
3. Add the rolled oats and mix until well combined.
4. Separate mixture into 12 balls and place on parchment lined baking sheet.
5. Bake for about 15 minutes. Enjoy!